



“Communiacation with heART” 16-24.09.2018

Key Action 1 – Learning mobility of individuals

Youth exchange

“ Communiacation with heART”

APV: 21-23.08.2018

Youth exchang :16th – 24th September 2018

Gryfów Śląski, Poland



“Communication with heART” 16-24.09.2018

Project summary:

“Just do it”, the youth organization from Poland, invites you to join us in the 7-day youth exchange “Communication with heART” (16th is arrival day and 24th is departure day). The youth exchange will focus on integration through theatre. The project will be hosted in Gryfów Śląski. It’s a beautiful city near Jelenia Góra city. The activity is funded by Erasmus+ Programme.

We will bring together young people from 4 countries, 9 people per country (8+ 1 leader), for APV 1 person per country (leader):

- Spain (Asociación Juvenil Albolut)
- Lithuania (Tarptautinis bendradarbiavimocentras)
- Romania (ASOCIATIA TINERII 3D)
- Poland (Just do it)



“Communication with heART” 16-24.09.2018

Objectives

- integration of young people from various environments and cultures; sensitizing to the diversity; exchange of experience;
- acquainting with the being the communication with the other people, with locking mechanisms communication and with methods for for her streamlining;
- purchasing the ability of naming its emotions, of showing them through diverse creative centres of word;
- creating the safe space for expressing emotions; of taking often difficult of subjects about which they cannot talk freely;
- building the group responsibility, the cooperation and the commitment;
- strengthening feeling the value by creating art;
- stimulating imagination and sensitivities to world;
- presenting the display of together chosen issues in the form;
- of sense of security through the unity in the diversity.

All of the above will be reached through means of non-formal education. We will not be giving lectures, we will guide and motivate participants to work in groups, find their own conclusions and develop communication and groupworking skills.



“Communication with heART” 16-24.09.2018

Participants should satisfy the following requirements:

- at least Intermediate level of English Language;
- interested in the theatre and techniques of the work associated with the theatre,
- interested in the relation exclude-ing integration
- motivation in attending the youth exchange and participate actively;
- have a great interest in developing their skills and motivated to work with youngsters
- be able to participate for the whole exchange fully
- all of the participants commit themselves for disseminates the outcomes of our exchange in multiple ways.

“Communiacation with heART” 16-24.09.2018

Accomodation:

- We will be staying in a beautiful city Gryfów Śląski close to Izery mountains, 27 km from Jelenia Góra and 135 from Wrocław.
- the participants will be accommodated in rooms (double or triple) equipped with all comforts in a hotel Stacja nad Kwisą (<https://www.facebook.com/Hotel-Stacja-Nad-Kwis%C4%85-Gryf%C3%B3w-%C5%9A%C4%85ski-123373281066392/>) in Gryfów Śląski. Both the conference room and meals are provided by the hotel Stacja nad Kwisą, so there will be no moving included. The Stacja nad Kwisą will offer full board (breakfast + lunch + dinner - only mineral water included, you can order some extra drinks). They will serve typical polish meals. Cuisine is part of our culture and we would like to share it. During the day, there will be two coffee breaks included.
- There is free wi-fi in rooms. You do not need to take a towel because you will find it in your room.





“Communication with heART” 16-24.09.2018

How to reach to Gryfów Śląski:

Two nearest airports are situated in Wrocław (WRO) and Katowice (KTW). We suggest you to travel to Wrocław Airport. The airport is connected with the city center by buses. When you reach the main bus/train station there are buses to Gryfów Śląski (keep in mind that last one is at 18;00- 6p.m.). From main bus station to hotel is 15 meters.

Participation conditions:

- food and accommodation is fully covered by the organizers with the support of the European Commission’s Erasmus+ Programme;
- we don’t cover insurance, please make it as your commitment to the exchange;
- travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus+ programme rules listed below. Before purchasing tickets, you have to get a confirmation from organizers (send the tickets you want to buy on e-mail written in contacts);
- we will NOT reimburse you travel costs, if you don’t attend all sessions/arrive later/leave earlier;
- **important: KEEP YOUR BOARDING PASSES, DON’T THROW THEM AWAY, or we won’t be able to reimburse you;**
- collect e-ticket, invoice, proof of payment. For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. We can’t reimburse money if you take taxi.



“Communiacation with heART” 16-24.09.2018

Weather:

September in Poland is the autumn month. 😊 But it doesnt mean that will be warm 😊

We have to keep in mind that we will be in the mountains region where the temperature is usually lower than in the rest of the country. On September it averages around:

12° C in day and 4° C at night. However, it is amplitude, so the temperature may be lo



Dissemination:

- every involved organization will be asked to write, together with participants, after their return, an article about the project and present it on their websites: the activities we've had, impressions they've got and what impact they are expecting after this;
- within a month after the youth exchange, every partner organization expected to organize follow up workshops on the topic of the training with their organization members and also within local communities;
- at the project, we will be writing short summary of the day with pictures and every organization will be able to share this information amongst their youngsters through social media and websites.

“Communiacation with heART” 16-24.09.2018

What to bring:

- ❑ WE STRONGLY ADVISE YOU TO TAKE OUT A FULL TRAVEL INSURANCE POLICY FOR THE DURATION OF YOUR STAY IN POLAND! PLEASE NOTE INSURANCE COSTS OF ANY KIND WILL NOT BE COVERED. The organization will not be able to reimburse you for any losses.
- ❑ Please do not forget to bring with you some food and drinks, specialities of your countries for our intercultural evening. We would like to organize Intercultural evenings on the Youth cultural centre.
- ❑ If you have special dietary or other requirements, be sure to specify them in the application form.
- ❑ Please find a nice mug from your city/town/country and bring it to the training course. On the first day we will make a lottery and you will get a cup that you can use the whole week (coffee break) and later bring home with you as a memory.

Less plastic, more beauty!

- Good mood 😊





“Communication with heART” 16-24.09.2018